

The Story of the Physician and the Secret of Health

Islamic Stories - Volume 46

Written by Mansoor Ali Shah

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Chapter 1: A Royal Gift of Healing

A Physician Sent with Purpose:

In a gesture of goodwill, a king from the land of Ajam dispatched a seasoned physician to the service of Prophet Muhammad ﷺ.

This emissary, skilled in the healing arts, was charged with offering medical care to the people of Arabia.

Over the course of many years, he remained stationed among the Arabs, yet, in all that time, no one approached him for treatment, nor did anyone seek his expertise in medicine.

A Complaint Brought to the Prophet:

Perplexed and disheartened, the physician eventually came before the Prophet ﷺ and expressed his grievance.

He explained that he had been appointed for the specific task of tending to the health of the people, yet not a single individual had availed themselves of his services.

The Physician's Protest:

Physician:

"This servant was sent by the King for the care of your companions. yet, for so long, not one has come forward, nor has the task assigned to me been fulfilled."

The Prophet's Wisdom on Health:

In response, the Prophet ﷺ offered a simple yet profound explanation regarding the habits of his community.

He shared that this particular group of people adhered to a specific practice concerning their intake of food.

The Prophet's Muhammad Explanation:

Muhammad ﷺ:

"This community follows a principle. they do not eat unless hunger overcomes them, and when they are still slightly hungry, they stop eating."

The Secret of Good Health:

Upon hearing this, the physician at once recognised the truth and wisdom in these words.

He concluded that this very habit was indeed the root cause of their enduring health and lack of need for a physician.

With respect and acknowledgment, he offered his parting gesture.

The Physician's Acknowledgement:

Physician:

"This is the reason for their health."

He then offered his salutations and quietly departed.